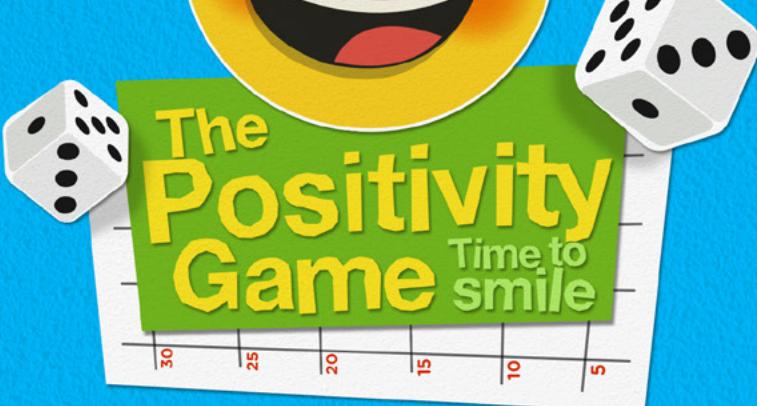




**Have you ever had one of those days when everything goes wrong?**

This often leads to negative thoughts, like “I’m not good at anything,” “I will never win,” or “Nobody likes me.” However, this kind of thinking is not good for your mental health – and therefore, also not great for your physical health!

Just as you must make an effort to accomplish physical challenges - like building a play fort or completing an obstacle course - sometimes refreshing your mental outlook requires effort also. If you’re feeling blue, this game is a simple way to bring some happiness into your day! It promotes a positive attitude and lifts your self-esteem. Our eSports players enjoyed playing the game and have shared some of their answers.



**What is your strength?**

My strength is being mentally strong. I can think outside the box and don't let everything get too close to me.

**Fabian "b04\_dubzje" De Cae**  
Professional eSports Player



**What are you grateful for?**

I am very grateful that it is possible for me to practice my hobby as a profession and that I am healthy.

**Kai "deto" Wollin**  
Professional eSports Player

**Here's how to get started:**

- Print out the board game
- Borrow 1 die and some game pawns from another board game
- Get ready for some fun!



**How to play:**

- 1 Each player puts their pawn on the space that says **START**.
- 2 Take turns rolling the die. The youngest player starts first! Move your pawn forward the number of spaces shown on the die.
- 3 When you come to an activity space, you must answer the question or complete the task.
- 4 If your pawn lands at the bottom of a ladder, you can move up to the top of the ladder.
- 5 If your pawn lands on the head of a snake, you must slide down to the bottom of the snake.
- 6 The first player to get to the space that says **FINISH** is the winner.



36 Say something kind to yourself	37 How did you help someone today?	38 Tell the player on your right what you like about her or him	39 You are almost there!	 Finish <sup>40</sup>
35 Play air guitar	34 Nice going!	33 When do you feel the happiest?	32 	31 Sing and dance to your favorite song
26 How would you change the world if you could?	27 What is something you feel proud of?	28 You've got this!	29 Rub your tummy and pat your head	30 What was your favorite family event and why?
25 If you could make one rule, what rule would you make?	24  What made you laugh today?	23 Make your silliest face	22 Who is your favorite storybook character and why?	21 
16 What is the bravest thing you've ever done?	17  Don't give up!	18 Fill in the blank, "I know that I am loved because..."	19 What is one thing you like about yourself?	20 You are perfect just the way you are!
15 You are unstoppable!	14 What is the coolest thing you've ever seen?	13 Tell a joke	12 What do you enjoy learning about?	11 What is your biggest strength?
6 If you could live anywhere, where would it be?	7 What are you grateful for?	8  Roar like a lion	9 What is a cool or funny fact about you?	10 What's your favorite part of the day?
5 What's your favorite word?	4 What's your favorite thing to wear?	3 What is something you can't wait to try?	2 Don't worry, be happy!	1  Start